

Mom & Baby Yoga

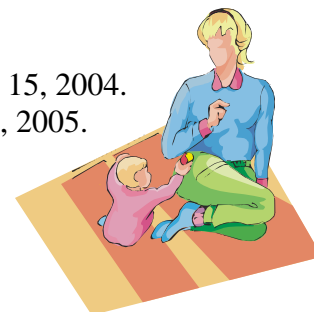
New
Program!

For moms and babies ages 4 weeks to 2 years: Moms can get back in shape while bonding with their babies. Stretching, toning, strengthening and restoring. Babies are engaged and stimulated throughout the series. Connect with your inner self while sharing experiences with others. The instructor is a certified registered yoga teacher and an Itzy Bitzy Yoga Graduate. Participants are required to bring a mat.

Session #1: Mondays, September 13, 20, 27, October 4, 11, 18, 25, November 1, 8 and 15, 2004.

Session #2: Mondays, November 22, 29, December 6, 13, 20, January 3, 10, 17, 24, 31, 2005.

Times: 11:30am – 12:30pm 4 weeks to sitting up
12:30pm – 1:30pm 6 months to 18 months
1:30pm – 2:30pm 18 months to 2 years



Location: The Preschool Place & Kindergarten at Temple Shalom, North Bridge Street - Bridgewater.

Cost: \$150.00 checks made payable to “The Preschool Place & Kindergarten”. If signing up for more than one session or child, separate checks and forms are required.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.
Ten children with parents/caregivers per class.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

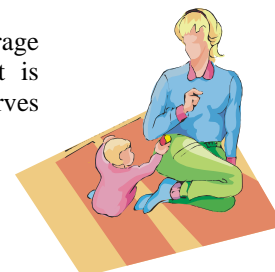
Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

2004 Mom & Baby Yoga

\$150.00 – “The Preschool Place & Kindergarten”

Mom's	Mom's
Last Name: _____	First Name: _____
Baby's	Baby's
Last Name: _____	First Name: _____
Mailing	
Address: _____	Town: _____ Zip: _____
Home	Parent
Phone #: () _____	Work #: () _____
Parent	Parent E-mail
Cell #: () _____	Address: _____
Date of Birth: ____/____/____	Age as of 9/13/04: ____
	Age as of 11/22/04: ____
	Circle Session: Session #1 Session #2

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.



Parent/Guardian Signature

_____/_____/_____
Date

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